

CLAIMS

1. An instant food comprising a powder which contains a mixture of both a thickener and legume-derived water-soluble polysaccharides.

5 2. An instant food according to claim 1, wherein the thickener is starch.

3. An instant food according to claim 1, wherein the legume is soybean.

10 4. An instant food according to claim 1, wherein the instant food is packaged with a container serving as both the reconstituting vessel and the serving bowl.